



2730 Bailey Lane  
Eugene, OR 97401

Stamp  
Here



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Dining Services Director  
**Trixie Wentz**  
Life Enrichment Director

Contact us at:  
**541-344-7902**



**Our mission is to create and sustain  
comfortable, caring environments for  
those who depend on us.**

# The Farmington Square Times

Assisted & Memory Care Newsletter



**April 2019**

2 Gardening Benefits  
3 Resident/Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments  
8 Mission & Team



# Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

## Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



**beyond the garden for learning.** Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

## Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

# Special Moments





# April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Walking Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers Day
- 11 Barber Shop Quartet Day
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday
- 20 Lookalike Day
- 21 Easter

- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Zucchini Bread Day
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie Day

### We're online @

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- ♦ Blog.radiantseniorliving.com
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- ♦ Radiant Senior Living on YouTube

Why are people exhausted on April 1st?  
Because they just finished a 31-day March!

## April Birthdays!



We wish you a  
Very Happy Birthday!

Dorothy: 4-4    Alice: 4-4  
Mary: 4-26

Radiant wishes to our April  
Team Member Birthdays!

## Resident Spotlight!

Bob

This month we are featuring our friend Bob! He is a most delightful, kind-hearted man, who has a big smile for everyone!

He was born in Portland and has four boys. He lights up when he sees them. He will proudly say, "Hey, that's my son!"

Bob is a retired insurance agent. He has a good arm when it comes to volleyball, and he enjoys music, the company of others, baseball, generally all sports, and reading.

Bob, thank you for your radiant smile and for being here at Farmington Square! "Buona Giornata!" That's Italian for: "Have a good day!"



## Staff Spotlight! Crystal











Introducing our Radiant Rock star for April...Crystal!!! She is an MVP when it comes to the kitchen. No matter what is thrown at her, she knocks it out of the ballpark. Crystal is always ready to jump in and assist; she is a massive help when we prepare food for our events. She has a great work ethic, is a great co-worker, friend, creative, and ready with her sense of humor to make your day radiant! Thank you Crystal for all you do and how you go above and beyond. Thank you for your smiles and compassion toward our residents. You are amazing all around! Keep knocking it out of the park!

Congratulations Crystal!!



# April 2019

Farmington Square Eugene - 2730 Bailey Lane - Eugene, OR - 97401 - 541-344-7902

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7	8:45 Beauty & Grooming (A,B) 1 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music (A,B) 10:00 Singer: Hannah (B) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:30 Snacktivity: Snack & Story* (A,B) 3:30 Card Game: Crazy Two's (all) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B) 	9:00 Exercise Fun* (A,B) 2 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity: Snack & Suzie-Q* (A,B) 2:30 Game: Tuesday is for Trivia* (all) 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: MatchThem Up* (B)	9:00 Exercise Fun* (A,B) 3 10:00 Scenic Drive 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Story* (A,B) 2:30 Game: Finish the Line* (all) 3:30 Card Game: Penny Ante (A,B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 B-I-N-G-O Night! (B)	9:00 Exercise Fun* (A,B) 4 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Thursday is for Trivia* (all) 2:00 Snacktivity: Snack & Music* (A,B) 2:00 Music: Piano with Steven (B) 3:30 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Life Stories(B)	8:45 Beauty & Grooming (A,B) 5 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 10:00 Pet Visit Day 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity: Snack & Story* (A,B) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Creative Arts B)	9:00 Exercise Fun* (A,B) 6 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (A,B) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (all) 3:30 Resident-Focused Visits/1:1* 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
9:00 Exercise Fun* (A,B) 10:00 Sunday Drive 12:30 Word Puzzle Games* (all) 1:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 2:30 Sunday Stroll 3:30 Resident-Focus Visits/1:1* (A,B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Domino's (B)	8:45 Beauty & Grooming (A,B) 8 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music (A,B) 10:00 Singer: Hannah (C) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:00 Snacktivity: Snack & Story* (A,B) 3:00 Card Game: Crazy Two's (all) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B)	9:00 Exercise Fun* (A,B) 9 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: Skip-Bo (C) 2:00 Snacktivity: Snack & Suzie-Q* (A,B) 2:30 Game: Tuesday is for Trivia* (all) 3:00 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Crazy Two's (B)	9:00 Exercise Fun* (A,B) 10 10:00 Scenic Drive 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) <i>2:00 Farmington Square Staff Meeting (C)</i> 2:30 Snacktivity: Snack & Music 2:30 Piano Player: Basil (A) 3:30 Card Game: Penny Ante (A,B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun*(B) 6:00 B-I-N-G-O Night! (B)	9:00 Exercise Fun* (A,B) 11 10:00 Snacktivity: Snack & Music* (A,B) 10:30 Singers: Song Spinners (C) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Thursday is for Trivia* (all) 2:00 Snacktivity: Snack & iN2L* (A,B) 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Toss-N-Talk (B)	8:45 Beauty & Grooming (A,B) 12 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L*(A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 1:30 Card Game: Crazy Two's (all) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Creative Arts (B)	9:00 Exercise Fun* (A,B) 13 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (A,B) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (A,B) Scrabble (C) 3:30 Resident-Focused Visits/1:1* (B,C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B) 
9:00 Exercise Fun* (A,B) 10:00 Sunday Drive 12:30 Word Puzzle Games* (all) 1:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 2:30 Sunday Stroll 3:30 Resident-Focus Visits/1:1* (C,A) 4:00 Exercise Fun (A)  5:15 Exercise Fun* (B) 6:00 Game: Domino's (B)	8:45 Beauty & Grooming (A,B) 15 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music (A,B) 10:00 Singer: Hannah (A) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:30 Snacktivity: Snack & Story* (A,B) 3:30 Card Game: Crazy Two's (all) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B)	9:00 Exercise Fun* (A,B) 16 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: Skip-Bo (C) 2:00 Snacktivity: Snack & Suzie-Q* (A,B) 2:30 Game: Tuesday is for Trivia* (all) 3:00 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Match Them Up* (B)	9:00 Exercise Fun* (A,B) 17 10:00 Scenic Drive 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:30 Snacktivity: Snack & Music (A,B) 2:30 Piano Player: Basil (C) 3:30 Card Game: Penny Ante (A,B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 B-I-N-G-O Night! (B)	9:00 Exercise Fun* (A,B) 18 10:00 Snacktivity: Snack & iN2L* (A,B) 12:00 B-I-N-G-O* (B,C) 1:00 (A) 1:00 Singer: Kathy Kali (B) 2:30 Snacktivity: Snack & iN2L* (A,B) 3:00 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Life Stories (B)	8:45 Beauty & Grooming (A,B) 19 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 10:00 Pet Visit Day 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity: Snack & Story* (A,B) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A)  5:15 Exercise Fun* (B) 6:00 Creative Arts (B)	9:00 Exercise Fun* (A,B) 20 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (A,B) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (all) 3:30 Resident-Focused Visits/1:1* (A,B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
9:00 Exercise Fun* (A,B) 10:00 Sunday Drive 12:30 Word Puzzle Games* (all) 1:30 Game: Yahtzee (all) 2:30 <i>Easter Social</i> (A,B,C)  4:00 Exercise Fun (A)  5:15 Exercise Fun* (B) 6:00 Game: Domino's (B)	8:45 Beauty & Grooming (A,B) 22 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music (A,B) 10:00 Singer: Hannah (B) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:00 <i>Educational Event:</i> <i>Planting Flowers for Earth Day</i>  4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B)	9:00 Exercise Fun* (A,B) 23 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: Skip-Bo (C) 2:00 Snacktivity: Snack & Music (A,B) 2:00 Singers: Memory Tones (B) 3:30 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Crazy Two's (B)	9:00 Exercise Fun* (A,B) 24 10:00 Scenic Drive 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Story* (A,B) 3:30 Card Game: Penny Ante (A,B) 3:30 Resident Council (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun*(B) 6:00 B-I-N-G-O Night! (B)	9:00 Exercise Fun* (A,B) 25 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Thursday is for Trivia* (all) 2:00 Snacktivity: Snack & Music* (A,B) 2:00 Music: Steven on Piano (B) <i>2:00 Farmington Square Staff Meeting (C)</i> 3:30 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Toss-N-Talk (B)	8:45 Beauty & Grooming (A,B) 26 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music* (A,B) 10:30 Singers: Randy Frasier and Choir (C) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Creative Arts (B)	9:00 Exercise Fun* (A,B) 27 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (A,B) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (all) 3:30 Resident-Focused Visits/1:1* (C,A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
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